

FINGER LAKES REGION

Health Advice on Eating Fish You Catch



Advice by Fish!

Don't Skip **How to**
Use this Guide
on page 2.

Including Allegany, Broome, Cayuga, Chemung, Cortland, Livingston, Monroe, Onondaga, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, and Yates counties.

Fishing is a fun, healthy activity for the whole family, and fish are a great choice for a healthy diet. However, some fish also contain chemicals at levels that can be harmful. This guide can help you make healthier choices about eating the fish you catch. There is different advice based on who you are, where you fish, what you catch, and how much fish you eat.

How to Use This Guide






By Fish:






- 1 Catch a fish!
- 2 Using the "Advice by Fish" below, find the advice for your fish.












By Water:

- 1 Check for specific advisories by water using the list on page 19.
- 2 If the water or fish isn't listed, follow the statewide advice on page 18 for freshwater fish.

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Don't see your fish?

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Understanding the Advice

Who you are



People who can become pregnant (under age 50) and children under age 15 should eat less fish. They are the **Sensitive Population** in our advice tables.

Chemicals in fish can have a greater effect on childhood development and babies. Many of these chemicals can stay in the body for decades. People who eat highly contaminated fish and become pregnant may be at a higher risk of having children who are slower to develop and learn. Some chemicals also can be passed on to a child in breast milk.



Everyone else may have fewer health risks from eating fish. They are the **General Population** on our advice tables.

What you catch



Each fish has specific advice for how much to eat. Some fish species have higher levels of chemicals than others, even if they are caught in the same waters. Smaller fish usually have lower levels of mercury and polychlorinated biphenyls (PCBs) than larger, older fish of the same species.

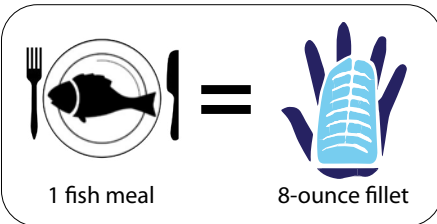
Where you fish



This guide can help you choose better waters if you are eating the fish you catch. Some waters have higher levels of chemicals than others due to industrial and commercial sources of pollution.

How much you eat

If you eat an 8-ounce serving of fish every week you can reduce health risks by carefully following our health advice.



To learn more about chemicals commonly found in fish and how advisories are set, visit www.health.ny.gov/fish.

Bass, Largemouth



Waterbody	General Population	Sensitive Population
Canadice Lake	Greater than 15", 1 meal month;	DON'T EAT
Koppers Pond	Less than 15", 4 meals/month	
Onondaga Lake	Greater than 15", DON'T EAT;	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville	Less than 15", 1 meal/month	
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters	Greater than 15", 1 meal month; Less than 15", 4 meals/month	1 meal month

Bass, Smallmouth




Waterbody	General Population	Sensitive Population
Irondequoit Bay	4 meals/month	1 meal/month
Lake Ontario		
Canadice Lake	1 meal/month	DON'T EAT
Koppers Pond		
Onondaga Lake	Greater than 15", DON'T EAT;	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville	Less than 15", 1 meal/month	
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters	1 meal/month	Greater than 15", DON'T EAT Less than 15", 1 meal/month



Bluegill




Waterbody	General Population	Sensitive Population
Irondequoit Bay	4 meals/month	1 meal/month
Lake Ontario		
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	4 meals/month



Carp




Waterbody	General Population	Sensitive Population
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond	1 meal/month	DON'T EAT
Irondequoit Bay		
Lake Ontario		
Coldbrook Creek	DON'T EAT	DON'T EAT
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
All Other Waters 	4 meals/month	1 meal/month



Brown bullhead





Waterbody	General Population	Sensitive Population
Canadice Lake	4 meals/month	DON'T EAT
Onondaga Lake		
Koppers Pond		
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	1 meal/month



Chain pickerel



Waterbody	General Population	Sensitive Population
Canadice Lake	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month

6  The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. 7



Catfish, Channel



Waterbody

General Population

Sensitive Population

Canadice Lake	1 meal/month	DON'T EAT
Koppers Pond		
Coldbrook Creek	DON'T EAT	DON'T EAT
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
All Other Waters 	1 meal/month	1 meal/month




Northern pike

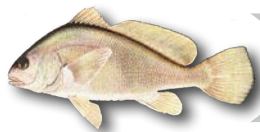


Waterbody

General Population

Sensitive Population

Canadice Lake	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek		
All Other Waters 	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	Greater than 26", DON'T EAT; Less than 26", 1 meal/month




Freshwater drum



Waterbody

General Population

Sensitive Population

Canadice Lake	1 meal/month	DON'T EAT
Koppers Pond		
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	1 meal/month	1 meal/month



Perch, White



Waterbody

General Population

Sensitive Population

Canadice Lake	1 meal/month	DON'T EAT
Koppers Pond		
Coldbrook Creek	DON'T EAT	DON'T EAT
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
All Other Waters 	1 meal/month	1 meal/month



The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.

Finger Lakes Waters with Specific Advice



KEY	
Lake Ontario	1
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Skaneateles Creek	4
Seneca River	5
Onondaga Lake	6
Oneida Lake	7
Green Lake (Clark Reservation State Park)	8
Jamesville Reservoir	9
Owasco Lake	10
Cayuga Lake	11
Seneca Lake	12
Keuka Lake	13
Canadice Lake	14
Rushford Lake	15
Koppers Pond	16
Coldbrook Creek	17
Susquehanna River	18
Chenango River	19


What about tributaries and connected waters?

The specific advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish when they move from one waterbody to another.



Perch, Yellow



Waterbody	General Population	Sensitive Population
Keuka Lake	4 meals/month	1 meal/month
Seneca Lake		
Chenango Lake	Greater than 10", 1 meal/month; Less than 10", 4 meals/month	1 meal/month
Erie Canal Between Lockport and Lock 21		
Jamesville Reservoir		
Rushford Lake		
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month




Trout,
Brook



White
sucker

Advice by Fish




Waterbody	General Population	Sensitive Population
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	4 meals/month




Pumpkinseed/Sunfish



Waterbody	General Population	Sensitive Population
Glacier Lake, Clark Reservation State Park	4 meals/month	1 meal/month
Irodequoit Bay		
Lake Ontario		
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	4 meals/month

Trout, Brown



Waterbody	General Population	Sensitive Population
Owasco Lake	4 meals/month	1 meal/month
Irodequoit Bay	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month
Lake Ontario		
Skaneateles Creek, Skaneateles Lake Dam at Skaneateles to Seneca River	1 meal/month	1 meal/month
Koppers Pond	4 meals/month	DON'T EAT
Canadice Lake	1 meal/month	DON'T EAT
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month



The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.



Trout, Lake



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Irondequoit Bay	Greater than 25", 1 meal/month;	1 meal/month
Lake Ontario	Less than 25", 4 meals/month	
Koppers Pond	4 meals/month	DON'T EAT
Canadice Lake	Greater than 25", DON'T EAT; Less than 25", 1 meal/month	DON'T EAT
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters	4 meals/month	1 meal/month



Trout, Rainbow



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Cayuga Lake	4 meals/month	1 meal/month
Irondequoit Bay		
Lake Ontario		
Owasco Lake		
Skaneateles Creek, Skaneateles Lake Dam at Skaneateles to Seneca River	1 meal/month	1 meal/month
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters	4 meals/month	4 meals/month



Walleye



General Population



Sensitive Population

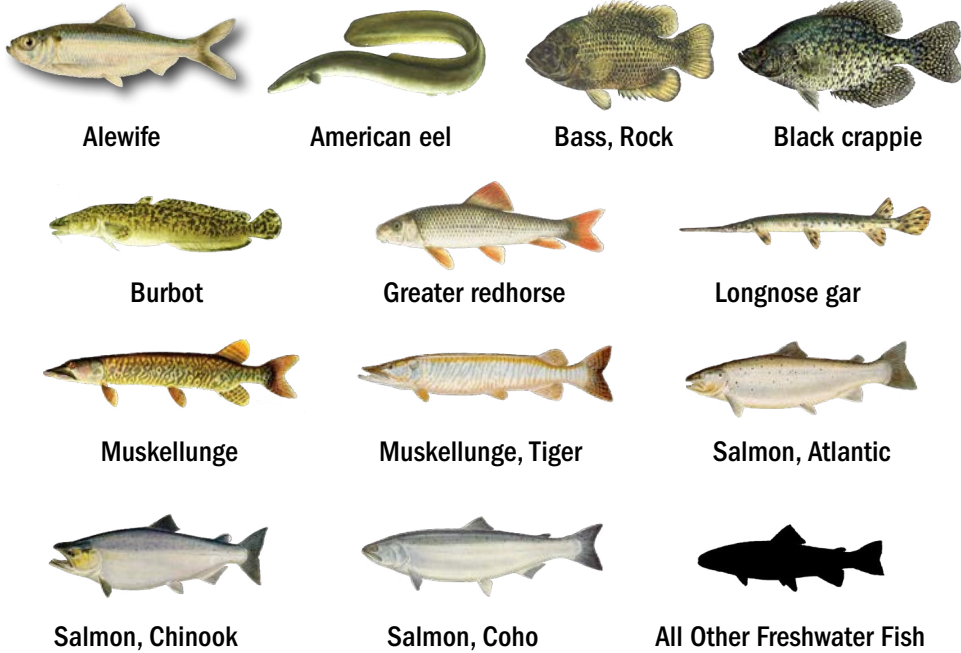
Waterbody	General Population	Sensitive Population
Irondequoit Bay	1 meal/month	1 meal/month
Lake Ontario		
Chenango River	1 meal/month	Greater than 19", DON'T EAT; Less than 19", 1 meal/month
Owasco Lake		
Susquehanna River		
Canadice Lake	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	DON'T EAT
Koppers Pond		
Rushford Lake	Greater than 19", DON'T EAT; Less than 19", 1 meal/month	DON'T EAT
Coldbrook Creek	DON'T EAT	DON'T EAT
Onondaga Lake		
Seneca River, downstream of Lock 24 at Baldwinsville		
All Other Waters	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	Greater than 19", DON'T EAT; Less than 19", 1 meal/month


The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

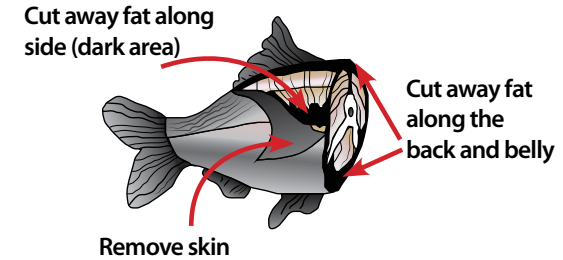
Advice by Fish



Waterbody	General Population	Sensitive Population
Canadice Lake	4 meals/month	DON'T EAT
Koppers Pond		
Onondaga Lake	1 meal/month	DON'T EAT
Seneca River, downstream of Lock 24 at Baldwinsville		
Coldbrook Creek	DON'T EAT	DON'T EAT
All Other Waters 	4 meals/month	1 meal/month

Tips for Healthier Eating

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the Sensitive Population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:

































- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- Trimming and skinning will not reduce the amount of mercury in a fish meal.
- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.

For more tips and healthy fish recipes visit
www.health.ny.gov/fish/tips.htm



Statewide Advice

 General Population	This advice is already incorporated into the “by fish” pages (5-16). When fishing from waters without specific advisories, choose from Best Choice and Good Choice fish to get the most benefits from eating locally-caught fish.	 Sensitive Population
4 meals a month	<p style="text-align: center;">*Best Choice Fish*</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Brook trout </div> <div style="text-align: center;">  Brown trout less than 20” </div> <div style="text-align: center;">  Rainbow trout </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Bluegill </div> <div style="text-align: center;">  Pumpkinseed/ Sunfish </div> <div style="text-align: center;">  White sucker </div> <div style="text-align: center;">  Yellow perch less than 10” </div> </div>	4 meals a month
4 meals a month	<p style="text-align: center;">Good Choice</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Black crappie </div> <div style="text-align: center;">  Brown trout greater than 20” </div> <div style="text-align: center;">  Bullhead </div> <div style="text-align: center;">  Chain pickerel less than 20” </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Carp </div> <div style="text-align: center;">  Lake trout </div> <div style="text-align: center;">  Largemouth bass less than 15” </div> <div style="text-align: center;">  Northern pike less than 26” </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Rock bass </div> <div style="text-align: center;">  Walleye less than 19” </div> <div style="text-align: center;">  Yellow perch greater than 10” </div> <div style="text-align: center;">  any fish not listed </div> </div>	1 meal a month
1 meal a month	<p style="text-align: center;">Eat Less</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Chain pickerel greater than 20” </div> <div style="text-align: center;">  Channel catfish </div> <div style="text-align: center;">  Freshwater drum </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Largemouth bass greater than 15” </div> <div style="text-align: center;">  Smallmouth bass less than 15” </div> <div style="text-align: center;">  White perch </div> </div>	1 meal a month
1 meal a month	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Northern pike greater than 26” </div> <div style="text-align: center;">  Smallmouth bass greater than 15” </div> <div style="text-align: center;">  Walleye greater than 19” </div> </div>	0 DON'T EAT

Alphabetical Listing of Specific Advisory Waters

Use this list to find out if your waterbody has a specific advisory. The more page numbers listed, the more advisories that water has.

Specific Advisory Water (County)	Page	Specific Advisory Water (County)	Page
Canadice Lake (Ontario) ¹	5-9, 12-16	Koppers Pond (Chemung) ¹	5-9, 12-16
Cayuga Lake (Tompkins, Cayuga, Seneca)	14	Lake Ontario (Niagara, Oswego, Monroe, Jefferson, Orleans, Wayne, Cayuga)	5-7, 13-15
Chenango Lake (Chenango)	12	Onondaga Lake (Onondaga) ¹	5-9, 12-16
Chenango River (Chenango)	15	Owasco Lake (Cayuga)	13-15
Coldbrook Creek (Chemung) ¹	5-9, 12-16	Rushford Lake (Allegany)	12, 15
Erie Canal between Lockport and Lock 21 (Niagara, Orleans, Monroe, Ontario, Seneca, Cayuga, Onondaga, Oswego, Oneida)	12	Seneca Lake (Ontario, Yates, Seneca, Schuyler)	12
Glacier lake, Clark Reservation State Park (Niagara, Orleans, Monroe, Ontario, Seneca, Cayuga)	13	Seneca River, downstream of Lock 24 at Baldwinsville (Onondaga) ¹	5-9, 12-16
Irondequoit Bay (Monroe)	5-7, 13-15	Skaneateles Creek, Skaneateles Lake Dam at Skaneateles to Seneca River (Onondaga, Cayuga)	13, 14
Jamesville Reservoir (Onondaga)	12	Susquehanna River (Broome, Chenango, Delaware, Tioga, Otsego)	15
Keuka Lake (Yates, Steuben)	12		

¹ For other fish not listed from these waters, follow the advice on page 16.



All Other Waters

Follow the
Statewide Advisory
on p. 18



The Sensitive Population refers to people who can become pregnant (under the age of 50) and children under 15. The General Population refers to everyone else.

One meal is equal to an 8-ounce portion size (a half-pound).

For additional fishing waters and advice in other regions see: www.health.ny.gov/fish.

Fish from Stores and Restaurants



The U.S. Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) offer this advice. Pregnant and breastfeeding people, people who may become pregnant, and young children, avoid these fish: shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit www.fda.gov/fishadvice or www.epa.gov/fishadvice for more information.

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
BTSA@health.ny.gov

New York State Fishing

Department of Environmental
Conservation (DEC)
[dec.ny.gov/things-to-do/
freshwater-fishing](http://dec.ny.gov/things-to-do/freshwater-fishing)

DEC Region 7

(Broome, Cayuga, Cortland,
Onondaga, Tioga, and Tompkins
counties)

Cortland Sub-Office
(607) 753-3095
fwfish7@dec.ny.gov

New York State Fishing, cont.

DEC Region 8

(Chemung, Livingston, Monroe,
Ontario, Schuyler, Seneca, Steuben,
Wayne, and Yates counties)

Avon Office
(585) 226-2466
fwfish8@dec.ny.gov

DEC Region 9

(Allegany county)

Allegany Sub-Office
(716) 372-0645
fwfish9@dec.ny.gov

*Cover photo courtesy
of Brian Walencik
(@trouttornado)*

The DEC fishing website listed above has a wealth of resources to help you find publicly accessible fishing sites, boat launches, what fish are found in different waterbodies, and fishing license information.